

**AMENDMENTS TO THE SPECIFICATION**

Please revise **Paragraph [0022]** to read as shown. This is the second amendment to this paragraph.

**[0022]** As shown in Figs. 1-3, each one of the helical grooves 16a, 16c, 16e, 16g extends along the outer surface 14 between two of the longitudinal grooves 16, 16b, 16d, 16f. For example, the helical groove 16a extends between the longitudinal grooves 16 and 16b. In addition, the grooves 16-16g can be disposed about the outer surface 14 in alternating relation, such that each of the helical grooves 16a, 16c, 16e, 16g is located between two other helical grooves that extend in an opposite direction. For example, left-hand helical groove 16a is located between right-hand grooves 16c and 16g. Thus, as shown in Fig. 1, the circumferential sequence of grooves 16-16g is as follows (proceeding clockwise): longitudinal groove 16; left-hand groove 16a; longitudinal groove 16b; right-hand groove 16c; longitudinal groove 16d; left-hand groove 16e; longitudinal groove 16f; and right-hand groove 16g. As Fig. 1 illustrates, left-hand twist helical grooves 16a and 16e are located on diametrically or directly opposite sides of inner joint member longitudinal axis 40, and right-hand twist helical grooves 16c and 16g are located on diametrically or directly opposite sides of inner joint member longitudinal axis 40.